01-The Truth About Lester Levenson Release Technique #lesterlevenson #releasing #sedonamethod [xr2sOk9U0WA]

[Speaker 2] (0:00 - 0:17)

I've been reading Lester's book, In the Power of Love, and he seems to repeat himself over and over again about love, and I really understand that. And then he talks about his, I believe it's his release technique?

[Speaker 1] (0:18 - 0:19)

Yes.

[Speaker 2] (0:21 - 0:24)

Is that a specific technique?

[Speaker 1] (0:25 - 0:35)

Let's put it this way, because you're talking a technique. A technique is a way, is a word. Remember, everything has to be marketed to the mind.

[Speaker 2] (0:36 - 0:36)

Right.

[Speaker 1] (0:37 - 8:51)

And the mind loves techniques, loves it. You see, with nothing, that's the world, that's the mind. You see, the mind and the world, they are hand in hand.

It sounded to the listeners, to the people that were approaching him, because that was an interesting phenomenon. The people that were approaching Lester were not really interested in being enlightened or anything like that. They were interested in being successful, happy, having the perfect relationship.

You know, as he would say, you are still looking for happiness, what is not. You see, but it's a very good first step to master the world. So he offered this sort of technique, how to undo the feelings and thought mechanism that stop you, or it was stopping you from experiencing what you would like to experience.

So what happened, and I experienced it directly, being 18 years, almost 19 years, until he passed away, with the same group of beings, we were very few, how we were all there, we all have conquered the world, so to speak. We accomplished everything we wanted to, and more. And now, finally, we were ready to say, okay, as he would put it,

now you are ready to listen to the truth.

Which is, the first step was to master the dream, now the second step is to liberate yourself from the dream. You see, so this technique is not a technique, it's only what is the dynamics that I'm inviting you to see. And the principle of the dynamic is that every single feeling or thought is generated by wanting, desire.

So, it is very helpful for some of us at the beginning, and as I said also to Anne, that when you have a thought, to take it to the source, and this source is always wanting. Now, this wanting has different intensities, so to speak. For some of us, wanting is enough, we don't need to go through the intensities, but the wanting feels like pushing, you know, it's like controlling, you want to push, you want to make sure that it goes faster, you want to make sure that they understand.

You see, you are pushing, and we feel that kind of impatience, so that is the wanting to control, wanting things to go in a specific way. So, we have a thought, and you will say, what is that? Oh my God, yeah, I want to control, okay.

And sometimes you laugh right away because you see it, you see because what that sees it is you, the seer is you, that's right, the natural laugh come up. And sometimes you're just seeing, you say, oh, you're really seeing the dynamic of it. And of course, the thought collapses, and the mind goes quiet.

And in that moment, you're experiencing what you are, but immediately the mind comes with something else, because we're more interested in the mind, because the mind immediately, that's why it's very easy, the moment you decide to be free, it's very easy to be, because the mind keeps giving you all the stuff until it becomes, so to speak, kind of empty or uninteresting for you. So, the first layer that is control, the second intensity is wanting recognition, wanting to be considered, wanting to be recognized, to be appreciated. In other words, to get approval, and not only from others, but your own approval.

You find yourself that you're doing things because you want your own approval, or doing things because you want their approval. See, that is the second energy to the wanting, ever wanting, you see, wanting my approval and their approval. And that's a little more intense, so to speak, because wanting approval, we're really actually, for the first time, experiencing the sense of lack.

Because when we are wanting your own approval, you're really experiencing that what you're really wanting, because you actually want your own approval, you actually want to be the love that you are. The thing is that your approval is when we're looking for love outside of ourselves through others. So, you see, the wanting is always pushing you towards the world, wanting to control the world, wanting approval from the world.

Then the also kind of wanting is wanting security. In that moment, we feel insecure about something. Like, for instance, you need to ask something from someone, and that's one of those moments that you really feel insecure.

In your mind, just if I will be okay, he's your friend, he will say yes. Or who knows, maybe, you see? The mind comes, you can see how the mind immediately comes with a lot of...

So, when you notice that all that agitation is coming from wanting security. Oh. So, what happens is, it's not a technique.

It's just that he calls the technique that expresses to the world, but when you see it directly from where you are, those are the dynamics of thinking. That is the loop, thought, feeling that keeps the imaginary idea of being separate. So, if you bring, if you feel like to bring the thoughts, oh, I must be wanting, that is enough.

But if you feel, oh, yeah, if you resonate with control, approval, or security, use it. You see? Because they're all tools, and tools are good to be at your disposal if they are necessary.

Sometimes we need all different tools. And again, of course, the tools are there, but then you may not need them any longer. But here, what we're doing, sometimes we use those tools, but also we are being, because being that which sees the mind.

Therefore, you see the thought that sees the sensations. And in that seeing, you are opening to that in which arises. Because a good question would be, if that feeling, if that sensation wouldn't be there, what is actually there?

You see? If thinking wouldn't be there, what is actually there? If feelings wouldn't be there, what is actually there?

[Speaker 2] (8:55 - 8:58)

That sounds like a good question.

[Speaker 1] (8:59 - 9:18)

You see? You resonated with that. That is a tool.

You see? That's it. And that is a very good tool.

When something said, okay, that wouldn't be there, what is actually here? That's very powerful. Because you see, now you don't need to get into, you are a step forward.

You see what I mean?

[Speaker 2] (9:20 - 9:20)

Yes.

[Speaker 1] (9:22 - 9:31)

It's even simpler. And that is the basic principle of what is called technique in that book that you read.

02-Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - The Ultimate Happiness by Lester Levenson - Reading from Keys to the Ultimate Freedom #happiness [sMGpUwrOZqE]

[Speaker 1] (0:00 - 3:47)

From the book, Keys to the Ultimate Freedom, by Lester Levinson. About happiness. When we analyze that which everyone is seeking, it turns out to be happiness.

And when we find God, our true self, that turns out to be the ultimate happiness. When we seek and find the full truth, the absolute truth, again, that turns out to be the ultimate happiness. And also, the greatest good.

The greatest good turns out to be the ultimate happiness. Every being is seeking freedom. And the complete freedom or liberation is also the ultimate happiness.

So in the end, the words God, good, truth, liberation, freedom, and self turn out to be the ultimate happiness. And everyone is seeking this good, happiness, liberation, truth, God, and self. There isn't anyone who's not seeking it.

The only difference between some of us and others is that some of us are consciously seeking it in the direction where it is, and are becoming happier. And others are seeking it blindly in the world. And are becoming more frustrated.

Yet, only when we go within, do we discover that all happiness is there. The only place where we can feel happiness is right within ourselves. That is exactly where it is.

Every time we attribute this happiness to something external, to a person, or a thing external, we get more pain with it than we do pleasure. You have had experienced enough. You have lived long enough.

And you have examined it carefully enough. You have discovered this. The happiness that we are seeking and thinking is out there and external to us is not there.

The happiness with no sorrow can only be found by going within.

Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - Healing and Predestiny #lesterlevenson #predestination #healing [e4apQTLmBho]

[Speaker 2] (0:00 - 0:16)

Yes, I have a question that has puzzled me for quite a while. It's about Lester and his death. Were you around Lester in the days when he left his body?

[Speaker 1] (0:18 - 0:26)

Yes, not as close as a dear friend of mine. I may have some insights to give you, if you depend on your question.

[Speaker 2] (0:27 - 0:34)

Yes, well, I've been into healing work for close to 50 years.

[Speaker 3] (0:36 - 0:37)

As a healer yourself?

[Speaker 2] (0:39 - 2:50)

Yes, just basically working with acupressure, reflexology, just all the natural treatments, essentially laying on of hands and just teaching people that love heals, essentially, was the main thing. So, I was always curious as to why Lester chose to leave his body from cancer when it's so obvious. It's healable.

It's a very commonly healed disease. Lester, with his extraordinary powers of health and healing, having essentially chosen to leave his body in that way, has always been puzzling to me. And not the least reason is that it actually cost me a lot of clients at one period in my life.

When I first heard of Lester and read about all his miraculous experiences from awakening, I just told all my clients about it, and I always did. I never really questioned about what he had died from until one of my clients told me that he had died of cancer. And so, I was really puzzled at that.

But then that actually ended up costing me a large part of my clientele because I had been bragging about him, essentially, telling people that they can cure anything. It's just what they think. So, I realized that Lester had that kind of power, and so his dying in that way essentially amounted to a choice.

[Speaker 1] (2:50 - 7:03)

Yes. You see, the tendency of the human mind is to focus into one single spot. You see?

That's what the mind does, because the mind is all about smallishness, about details, about the image that is perceived. It's not about that to which the totality of the image appears. So, being that said, yes, Lester was given three months to live, maximum, if he, maximum, maybe two weeks, maybe three weeks.

So, because of that, it took him exactly three months to discover the totality of truth, to the caliber of many extraordinary experiences, as he shared with us and teaches us how to, through his teaching, share with us how to experience those as well. Now, he was, he cured himself not only of the heart, but of all different ailments in the body. And he was always healthy after that, for that happens to him in the late 40s, he was 47, 48, and he left the body around 78 or 79 years old.

And I could see, being around him for the last 20 years of his life, that, particularly in the last 10 to the that he was already done, that he was only around, only around, because we were a group of about 15, 20 people that were very loyal to him. And he had been very, very patient for the first 10 years, for all of us, for all of us to fulfill desire after desire, including people at the time being ill of cancer. All of that happened by itself, not only by the teaching of Lester, not by Lester directly, but by the teaching of Lester.

I was being witness of many, many cases like that. Now, when the time came to leave, when the time came to leave, you see, because everything is predestined, the life of the body, everything is predestined before we enter into this experiencing of bodyhood, which is a state, it has a beginning and an end. In that moment, when he decided to let go, that was the illness that arose, and he didn't do anything about it, because it was time for the body to just leave.

Now, he didn't go to doctors, he didn't suffer from pain, he didn't have a painful death, none of the ailments that supposedly go with cancer, he didn't take any medicine, not at all, and he didn't suffer, you see, and he didn't have to leave. And that was it, he stopped eating, you see, he stopped taking care of the body for the last two weeks, that's all it took, or less than that, a week, a week something, that's all it took. And the person that was with him, he would say, Laura, there he was, this little body, shrinking and shrinking, and all of a sudden, when he would speak, it would be the potential of the voice, that he thought, good, he's going to come back, you know, because he wanted him to come back, but no, it was just something that needed to be expressed and then shrink into the body again.

So, I don't know whether that answers your question, you see?

[Speaker 2] (7:04 - 7:32)

Well, it does, you know, I'm, yeah, I have to bow to the wisdom of the Master, of course,

but I do, you know, I did want to be able to answer that question whenever it's asked of me, because, you know, again, I teach people that they, their health is in their hands, that, you know.

[Speaker 1] (7:32 - 7:38)

Their health is in their hands, but not every single body has its expiration date.

[Speaker 2] (7:40 - 7:41)

Yeah.

[Speaker 1] (7:41 - 7:45)

It comes with an expiration date, you see?

[Speaker 3] (7:45 - 7:45)

Yeah.

[Speaker 1] (7:45 - 8:05)

So, and as he would say, when you're meant, no matter how ill you are, no matter how ill you are, if it's not your moment, and you know how to take, you know how to heal yourself, it will be so. In another hand, someone cannot, it's not that ill, but if it's the moment to go, no matter what they do, it goes.

[Speaker 3] (8:06 - 8:06)

Yeah.

[Speaker 1] (8:08 - 8:15)

You see? So, that is something that has to be taken into consideration.

[Speaker 2] (8:16 - 9:25)

For sure. I still, you know, I'm still not certain that, for myself, I haven't decided to believe that the body has, the body-mind has a set lifespan, you know? It seems like being the being that we are, and the mind being the thing that it is, the mind is essentially what enables the whole universe and God to express itself in whatever way God wants to, as a human.

As a human, it is part of that expression. And so, what would we then, what would we then block the mind's expression by saying that there's some greater, you know, like there's a force that we somehow have overlooked?

[Speaker 1] (9:25 - 9:45)

It's not a force, it's what you are, that which is aware of the mind. The mind has no power. The mind has no power.

The mind without electricity, it doesn't work. The mind without being perceived, it doesn't work.

[Speaker 2] (9:46 - 9:51)

Right, but isn't there some kind of, some kind of...

[Speaker 1] (9:51 - 10:37)

Like, for instance, since you're being a doctor, when the mind, when we are under anesthesia, there is no experiencing, because the mind is knocked out. And that's right, there is no dreams, there is no remembrance of anything while being under anesthesia. The world disappears.

Yeah. You see? That's no different, you see?

So, the mind is a wonderful tool. It's the tool through which we hear, we see, we sense, is that to which the world appears, the objectivity appears.

[Speaker 3] (10:38 - 10:38)

You see?

[Speaker 1] (10:39 - 10:51)

But you, that which is aware of being aware, you, that is what is, that is, without that, the mind doesn't exist.

[Speaker 2] (10:54 - 11:09)

You see? But, okay, well there's a, that's my misunderstanding then. It seems like I thought that the mind was a creation of that, of the power itself.

[Speaker 1] (11:09 - 11:26)

Absolutely. It's a wonderful tool to experience phenomena. Yeah.

It's that to which the world, the body-mind, and the surroundings of the body-mind, and the world, and the universe appears.

[Speaker 3] (11:27 - 11:28)

Yeah.

[Speaker 1] (11:29 - 12:29)

You see? And the thing is that we have gotten so used to see via the mind. It's like, for instance, to see via the mind is like, you know those doll houses?

I don't know whether you were in some time in your lifetime, you know, being with young girls, or with children, that they have these houses, like the house dolls, you know, that the back of the house is completely empty. It doesn't have a wall. But from all the other sides, you have walls, you have doors, you have windows.

So, in this case, this example that I'm giving you is that the house, that would be the mind. And without the wall in the back, that which is seeing it, that is you. That is that which is aware.

So, what we have gotten used to, get smallish, being very small, and starting to see through the windows of that house. So, it feels very limited.

[Speaker 3] (12:32 - 12:32)

Yeah.

[Speaker 1] (12:32 - 12:51)

And so, that's what we've been doing. We've been seeing via the mind. Yeah.

Instead of just also see, having the freedom, because that's freedom, to see through the mind, but at the same time, to see as that, to see without the limitation of mind.

[Speaker 3] (12:57 - 12:57)

Okay.

[Speaker 1] (12:58 - 13:03)

I mean, I'm just sharing with you the experience here.

[Speaker 2] (13:03 - 13:23)

Yeah. I really appreciate this, you know, because it's been a puzzle for a long time. I haven't come to any understanding of it, really.

And, you know, it would be nice if I could have answered my clients' objections at the time.

[Speaker 1] (13:26 - 14:17)

By the way, that question that you're having is a very honest question. Very honest question. That was also a question that I dealt with.

And also, the question that I dealt with, like, for instance, with Ramana Maharshi. You

see, same thing. You see, it was different circumstances, different situation, but for me, because it's about the test of the body, for me, what it said a lot about the example of Ramana Maharshi was that right before beingness, not interested in holding on to the body any longer, he just, his last words were, feed the peacock, the peacocks.

[Speaker 2] (14:25 - 14:47)

Yeah. And the same with Nisargadatta as well. These are like the most popular masters of all.

So, of course, it's quite a thing that I would like to understand. Obviously, you've dealt with this yourself, so you understand.

[Speaker 1] (14:48 - 14:53)

Yes, because you see that the truth is that there is no death, but eternal.

[Speaker 2] (14:54 - 16:28)

Yeah, I totally get that. I mean, I experience being eternal every time I look, you know, and when I start talking like this, I fail to, I forget to look. I forget and I go into the thoughts that I was trying to remember to ask.

But normally, like when this is over, I'll be right back into remembering that I'm eternal and there's nothing to worry about. Of course, I know it's not a worry. It's not a concern.

But it's just a curiosity. It's just like, you know, I've misunderstood that sense of mind, the idea that the mind is separate from God and God and I'm separate from mind and God. That's the way it kind of seems when a person allows themselves to just die by a curable illness, you know.

And because that's been my career, and so I've just never been able to answer the question. But now that you've explained to me that difference, I can really understand that, you know, that there would be a time that there is or there comes to be a time for us all where we can make that choice. But it is a choice.

And that's the thing.

[Speaker 1] (16:28 - 18:38)

And that's the thing. And that's something that it was also very perturbing at the time when I heard that everything is, there was a predestine, you see. And I remember when I heard that, I was very perturbed.

And I didn't like it at all, at all. But what was wonderful was that it made me aware of a lot of sensations that I didn't know that they were there. And I said, because I have

experienced so much freedom, freedom to do things I never imagined I could do, freedoms to experience the most beautiful and surprising adventures.

And so speaking to me that everything is predestined, that I don't have freedom. And what I did, because it was so agitated with that, is that I, of course, I really, it was released. All of that that came with such an intensity was released.

And it was released, it came the clarity. And the clarity is, yes, if it is predestined to experience freedom to its maximum, it is so. But it's already predestined to experience total freedom.

You see, as it is predestined to the moment that comes, the moment that you feel, you know what, I'm not going to go to the doctor. You know that you're getting, the body's getting ill because you have chosen somehow that it's time to leave, you see, without any violence. It doesn't have to be ill either.

It can be having a cup of tea. I have met many beings that have died and they were, naturally, they were not particularly spiritual, dying in the morning after a cup of coffee, even a cup of coffee.

[Speaker 3] (18:45 - 18:46)

You know?

[Speaker 2] (18:47 - 19:06)

Yeah. Yes. Well, again, like you, I have struggled a lot with that predestination idea.

I still don't know that I would choose to either believe it or accept it, but I will.

[Speaker 1] (19:07 - 19:10)

I wouldn't recommend you to accept it or believe it.

[Speaker 3] (19:11 - 19:11)

Yeah.

[Speaker 1] (19:12 - 19:25)

Not at all. What I'm inviting you is, welcome the confusion or the pros and cons about it. Welcome that energy, you see?

[Speaker 3] (19:26 - 19:27)

Yeah.

[Speaker 1] (19:27 - 20:31)

And then, when that is no longer there, the answer arises. That is what releasing is all about. Releasing is allowing the heart, the body to breathe in the same way that we breathe, you know, we're allowing our being to breathe.

So, all the clouds that are there, that is keeping you from total clarity about this situation that you're speaking about, it will arise. Because when you have a question, it's because you have the answer already. And that was something that was very beautiful about being with Lester, that we didn't depend upon his answers.

If we had a question, we knew that if we release, the answer will show up. And it's beauty, because it was about, as he said, you are your own guru. So, it's not about accepting or believing.

[Speaker 3] (20:31 - 20:34)

On the contrary. Yeah. Neither.

[Speaker 2] (20:35 - 20:42)

I really get that. I thank you, Laura, for your clarity.

[Speaker 3] (20:42 - 20:44)

Thank you, Bacron. See you soon.

Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - Lester Levenson - Hello, You Infinite Being #lesterlevenson #infinitebeing #freedom [sgj2WWaIKy4]

[Speaker 1] (0:02 - 0:37)

Contemplate unlimitedness, infinity, and when you see that, then you'll see the unreality of the limited. It's the snake you're looking at. As long as you see the snake, you'll never perceive the rope.

If you want to know what infinity is, you're going to have to perceive it in you, and it is your real nature that never changes. You are infinite now. You always have been infinite.

You always will be infinite. Anything else is a lie, a delusion.

Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - Lester Levenson - Letting Go of Illusion #lesterlevenson #lettinggo #theultimate [LRaCkYLEdA4]

[Speaker 1] (0:00 - 0:49)

All methods, all ologies are playing around until you do this. All religions, all philosophies are giving, with them we give ourselves a good time thinking we're going to reach the ultimate. But they do not get us there.

There's only one thing that gets us there, and that is letting go of the illusion. Letting go of the body, mind, and sitting down and letting go of it until this infinite being that you are is self-obvious.

Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - Lester Levenson - Love on the spiritual path #lesterlevenson #reallove [iFqVkXR4k6o]

[Speaker 1] (0:00 - 0:59)

So, love is a thing that the world sings about, writes about, has moving pictures about, and knows very little about. Love is portrayed in the movies as always a male and a female winning each other. The real love is winning the universe, not just one person, but every individual in the universe.

In the practical end of it, I left out square all with love. This is an excellent gimmick. During the day, if we try to fit everything into love, whatever we're doing, it will make for rapid and tremendous progress.

Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - Lester Levenson - Release to the Highest State #lesterlevenson #releasing #presentmoment [ligNr7W-F5o]

[Speaker 1] (0:00 - 0:55)

There's no suppressed energy. We're in the highest, happiest, most felicitous, the most knowing state there is. The more the suppression, the more our attention goes to unconsciously to hold that suppression down, the less attention we have for what is here now.

As we release these suppressed energies, we come into present time. Every feeling throws us into the past, because that's where it was developed from. So when we perceive or calculate on the present with any feelings behind it, we're working with stuck keys from the past, and we don't see what's here now.

We're trying to see now through our past. So to get a person to present time, he has to undo his suppressed feelings.

Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - Lester Levenson - The Best Way to Read My Books #lesterlevenson #realization [OZTK1TFsr8c]

[Speaker 1] (0:00 - 0:56)

Some people say to me, gee, West, I read your book, it was so good, I started reading, I read it right through from beginning to the end, in one sitting. Which to me means they got nothing out of it. The best way to read the book is to take one sentence that strikes your fancy, go through it, and you hit one, and stay with it.

That night, that day, that week, that month, until that knowledge becomes your knowledge. You say, oh, now I see. Then you're ready for another sentence.

Read along, something strikes your fancy, and you stick with it. Because any one of hundreds of statements there can give full realization. It's the same thing being said in many different ways.

Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - Lester Levenson on How to Help Others | Keys to the Ultimate Freedom [9hz6Y7ZUFaI]

[Speaker 2] (0:00 - 1:10)

I have a question. I started reading the keys to the ultimate freedom recently and last night I was on section 3 spiritual growth and it is a list of aphorisms and it says it suggested that the below aphorisms be absorbed one at a time try to understand one before going on to the next. The two that gave me pause to be sure I was understanding was being read from the perspective of knowing being as one and so they were in our desire to attain liberation or realization we are helped to the degree that we help all others and then the next one is grow to the point where your whole attention is off you and on others

[Speaker 1] (1:10 - 1:16)

so let's go one by one read the first one again your help to the degree yes

[Speaker 2] (1:16 - 1:25)

yeah in our desire to attain liberation or realization we are helped to the degree that we help all others.

[Speaker 1] (1:26 - 5:20)

I have the sweetest experience to be with Lester for 19 years until he passed away and and it wasn't the last let's say 10 years or eight years that he said now we can really talk from the top because often to then he we were not ready to hear that so he was giving you guidelines like this one if you are interested in the liberation you will be helped to the degree that you help others now let me give you an idea about this help others this help others is when you see them for what they truly are when you get when you grant their consciousness when you grant their beingness you see the mind thinks that is help that you have to do something physically to help yes that will that may appear in some of us in our lives you know that we dedicate our life to help it's nothing wrong with that it's compelled within you but here to help the others is to truly see them for what they are also you're helping others you're to the degree that you want your own freedom to that degree by helping others is you're not disapproving of them of others you are not judging the others so you're not you're not practicing disapproval you're not practicing separation you see you are not practicing unlovingness so you see that to the degree that you are not any longer doing that to that degree you be helped to fulfill the desire for what you are so that is what what at the time when he said that it was giving us a guideline for us that we were in the world very active and dealing with others all the things were just brand new in this in this way of radical way of seeing the world that is

that they are not others because they are not you have to imagine you have to the moment you don't see them for what they are they are others the moment you see them for what they are they have never been another you see and again our experience is that we see the others the way you see yourself you can only see them the way you see yourself isn't it so the moment you open to the beingness the consciousness the oneness that you are and you're starting to granted in yourself more and more than any time that you enter in contact with anyone whether it is in any activity and when we go shopping at the grocery store the cashier or when or anything you immediately by granting them their beingness in that moment the separation is not any longer present you see and that is what a very effective way to experience that is only one single being so you see that that is the depth of what Lester was saying there I thought

[Speaker 2] (5:20 - 5:32)

that I you know understood that and was perceiving as such but I think there was some residual melting releasing around that yes yes that's why we're here you

[Speaker 1] (5:32 - 8:53)

see so yes I can see that you as you were hearing something was getting looser within you yes yes yes and lighter yes yes yes and still is there you see and through the day it will you will feel some loosening up more and more more and more we are helping others the moment we see them for what they are and we're not being gossipy or we're not being judgmental or we're not being disapproving you see and that doesn't mean by the way that then within the clarity you can act very firmly if that is what is required by the situation because the moment you start to be more and more what you are what you are is very intelligent and it will give you the clarity that is needed if that is what the situation is requiring and in what helps for this experiencing to be experienced is to keep it very simple that are you acting from wanting or are you acting from the from spontaneity in the ways you feel the wanting oh okay now you know what it is only energy and unravels the moment you consciousness recognizes for what it is it unravels because it's not real while you are is real so the moment you reality is not interested in it it unravels and when unravels actually the tendency to hold on so congratulations that you are in very good company this book you can open it anywhere it's a book actually that I never read I just started to I only opened it because one sentence was enough it was like the peat of the day or the peat of the moment you see and and it was just during the day or during my activity that was the background of this status doing its work so for the second one then grow to the

[Speaker 2] (8:53 - 9:05)

point where your whole attention is off you and on others that is just being the wholeness is what that's saying exactly being ourself

[Speaker 1] (9:09 - 11:38)

yes thank you and the beauty for some of us are hearing that right it's not like an imposition and you could say you know what I don't feel like to do that wonderful is that's what is arising look at it are you that or are you that which is the word of it you see because that is the thing it's not that right or wrong we have to be very honest because what we only what is only consciousness is honest what we imagine to be is not honest because it's not real it's a lie and as a lies always is dishonest so it's very it's very good I don't in your case it was it's natural openness to do that to feel like that but some of us said I don't feel to do that good just notice that reaction and it's for you to hold on to that or not you see many things that you may read from Lester most of it when you read it it will generate a reaction on you so what I would recommend is oh to allow the reaction to be what is to get released and then read it again just see what happens Lester was a very he had an art how to generate releasing how to generate the relaxation of the mastering of holding on for dear life you see because that's what we do we hold on to what is not real for dear life we hold on to the idea of being someone for dear life we think that the whole your whole life would collapse around if you're not any longer if you stop being the way that you have been being up until now so it does it mean by the way what collapses is the point of view but what

[Speaker 2] (11:38 - 11:56)

you are is ever the same so point of view like opinions and mental things as

[Speaker 1] (11:56 - 13:12)

opposed to perspective yes interpretations yeah yeah yeah yeah yes yes and that's what you will find out and that's what's the make it starts denying when we start to find out that the mind tells you this is like this this is like that and then you find out that it couldn't be further from the truth and that's what is wonderful when you start to see that the mind is 99 comma 9% wrong you confident not to have not to go along with the mind for some of us well I don't know you know I'm still going along with my mind when you start to realize that Wow it couldn't be so up in the country is the opposite quite yes yes yes so some of us have had that experience yes after thinking I knew a lot of things for quite some time we all have been in the same boat

Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - Lester Levenson Reading - The Sense of Separation & The Path | Keys to the Ultimate Freedom [Qp8Y-qASeEM]

[Speaker 1] (0:00 - 0:52)

The sense of separation is very tricky. It often tucks us out of this path for shorter or longer periods of time. But once we have gotten onto the path, we usually come back to it.

Nevertheless, be careful of the trickery of the sense of separation part of us. It takes us away from the path. So no matter how far we have advanced on the path, the sense of separation is always a tempting companion who can take us off the path.

Sometimes even for an entire lifetime.

Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - Liberation and Helping Others - What Lester Levenson Meant by Help " Others " #lesterlevenson [sET5qWmJx0c]

[Speaker 1] (0:00 - 0:59)

He was giving you guidelines like this one. If you are interested in liberation, you will be helped to the degree that you help others. This help others is when you see them for what they truly are, when you grant their consciousness, when you grant their beingness.

The mind thinks that is help, that you have to do something physically to help. Yes, that may appear in some of us in our lives that we dedicate our lives to help. Here to help others is to truly see them for what they are.

Also, to the degree that you want your own freedom, to that degree by helping others is you're not disapproving of others. You are not judging others. So you are not practicing disapproval.

You are not practicing separation. You are not practicing unlovingness.

Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - Mind is the Only Creative Tool in the Universe #lesterlevenson #mind #awareness [ho6BmKcGUF4]

[Speaker 2] (0:01 - 0:05)

So, are my thoughts creating the feelings?

[Speaker 1] (0:07 - 4:41)

Or vice versa. The feelings are generating the thoughts. It goes both ways.

Okay. I will feel that it goes both ways, but also it could be that the unconscious feelings generate the thinking. You see?

Because we don't need to think in order to experience life fully and completely, and to function effectively. We don't need to think. You see?

So then how do we create? You are right now creating effortlessly, because the mind is the only creative tool in the universe. And I'm using the words of Lester, exactly as the words he used to use.

It's the only creative tool of the universe. Is the mind. It's the mind.

So the mind is like an oven, so to speak. It will bake whatever you put in it. The reason that is, we said, wait a minute, but this I like, but this I don't like.

Yes, because we have unconscious, unconscious thought. But most of the experiencing is designed by unconscious thoughts. Those thoughts that we chose not to see because we don't want to see them.

But nevertheless, they are still operating without us needing to pay attention to it. We thought it was fun to put them in automatic. It's like right now, oh, it's so much fun, the internet.

Oh my gosh. So same thing. We thought it was fun putting all those activities in automatic.

The activities like the circulation of the blood, the replacing of the cells, digestion, all of that we used to be very aware of, and we put it in automatic. In the other hand, we did notations like, oh, men with white hair, they are nice, they are kind. People that don't smile, they are not good.

I mean, all this kind of concept that we got along the way, we were shopping. We were shopping for all these concepts. We thought it was fun.

Now, the reason that somehow it seems so difficult to let them go, as we said, is because we choose not to see them, and also because they give us the idea that they're keeping us safe, like letting us know, don't go there. It's not a good thing to do. We think about twice, but it's always about a no.

It's also always about a danger, that if you are too daring, you could lose something. You see? Yes, you will lose fear.

You see? Going back to what create is, be very clear what it is that you would like to experience. So, we can say that what you would like to experience would be a yes.

Right? So, what happens when you say a yes, consciously, a conscious yes? The unconscious knows arises.

You are aware of the unconscious knows. So, what happens is that people usually get deflated. Yes.

I wanted that, but you know, Ana, it's too difficult. It's too hard. It's too late.

It's too much. Maybe for others, but not for me. All of that starts to arise.

And it may sound like, oh, my God, so much to do. No, no, no. You see, the moment you don't make them personal, the moment that you're really clear that what you want is that yes, you see, you're not any longer interested in making whatever is arising about you or what you are.

Like I said, it's too late, too early. They are just sounds, sounds that often now you never challenge them. But this time you're not even challenging them.

And this time you chose not to be interested. So, what happens? They collapse because they are not real.

The moment you and limited effortless attention is not interested in them, they collapse.

[Speaker 2] (4:44 - 5:24)

Okay. So, just so I get this. So, whatever I get, whatever I focus on, like you say, get clear on the, I'll say the intention, right?

Of something I want. So, I'm creating a course and I'm doing this video too. As soon as I create, you know, I'm going to do this video, the unconscious knows will come up.

Oh, it's not time to do that. Oh, wait and see. Oh, right.

Okay. And then when you say I'm not interested, it's kind of like, okay, that's automatic. That's coming up and I don't have to pay attention to it.

I'm still going to do the video. Is that what you mean?

[Speaker 1] (5:24 - 5:43)

Yes. But in other words, you're not like, get out of here. No, no.

They come and if you don't give attention, they collapse because they are not real. And the reason that they are repetitive is because they need continuously attention in order to maintain itself.

[Speaker 2] (5:45 - 5:51)

Unbelievable. Yep. Continuous attention to maintain.

[Speaker 1] (5:51 - 6:11)

Because as you may have noticed, when you have fresh new thoughts, new idea, when an instinct about something, oh, I got it. I know what to do. Those thoughts only comes once.

They're not repetitive.

[Speaker 2] (6:13 - 6:24)

Oh, this is so good. Yes. They're not repetitive.

That insight is immediate. It comes up from infinite being. Is that where?

[Speaker 1] (6:24 - 6:32)

Intelligence itself. Intelligence. Okay.

What you are is intelligence, pure intelligence.

[Speaker 2] (6:34 - 6:47)

So in order for the inner critic or this busy mind, the chatter to maintain, it's because it needs attention.

[Speaker 1] (6:48 - 6:50)

It needs validation.

[Speaker 2] (6:51 - 6:52)

It's validation.

[Speaker 1] (6:52 - 7:14)

And you get validation by effortlessly giving attention because you are so powerful. It's effortless power in the shape of attention because mind is about movement, ever changing. It's repetitive, but it's ever ever changing.

[Speaker 2] (7:17 - 7:22)

Yeah. And everything's moving, right? Like all of creation is constantly.

[Speaker 1] (7:22 - 8:04)

Because it's all mind. Okay. You only see, hear, and sense in the mind.

So you see is to really be very clear what is that you truly want. Write it down. Get a therapy.

Because that way you're letting know the mind is a conscious decision. So that the unconscious decisions, that the unconscious stop writing the script. Because the problem with the unconscious is that we have concept that says yes, concept that says no, so they neutralize.

[Speaker 2] (8:05 - 8:10)

Say that again. I'm sorry. Concept that says yes and no and- They neutralize.

[Speaker 1] (8:11 - 8:42)

And then we have concept that are doubt. What if it's not? I don't know.

It's risky. I don't know. You see?

We have concept about suspicions. You see? All the concepts are more or less about fear because all of them are limitations.

So then emotional charge of any concept or any feeling is more or less fear.

[Speaker 2] (8:44 - 8:55)

And so for me to become, well there's a part of me that is fearless already, right? If I'm an infinite being. Yes.

I'm already there. Okay.

[Speaker 1] (8:56 - 10:46)

You're already that. You're already that. If the thoughts to the contrary that up until now you used to go along with.

Yes. You never challenged them. And you see the main lie is that there is someone

somewhere.

That is a you that is separate. So in order to maintain that lie you have to have many, many lies. But that's why all the thoughts and feelings are lies.

We're talking about no pragmatic thinking. You know about technicality, engineering, chemistry. All of that are like applications.

The good application to engineer. The good application that is a lawyer. The good application that is a therapist.

You see you have all that. You have techniques. Yes.

The good application for driving, for dressing, for swimming. Mm-hmm. So you see the mind is like the perfect computer so to speak.

That's what the computer is modeled after. Mm-hmm. When you start to see it from what you are you will see how simple it is.

Because what you are is so intelligent. But we need to honor what we are. And we're honoring what we are when at least any time you feel invited you take a minute and notice the silence.

Notice the immediacy of the silence.

[Speaker 2] (10:47 - 10:48)

Yes.

[Speaker 1] (10:50 - 11:05)

And I can see that you're very honest. Yeah. Because you see you can, and honest because I see that you can only give what you give to yourself.

So it's this givingness within you that is inviting you to discover more and more what you are.

[Speaker 2] (11:06 - 11:12)

Mm-hmm. And then awareness is just what is now.

[Speaker 1] (11:13 - 11:46)

Yeah. Awareness is that which is alive. That which hears.

That which sees. That which is a way of seeing. A way of hearing.

A way of sensing. It's aware. It's alert.

It's an alertness. Effortless alertness. You see, we don't know what we are but we know the characteristics of it.

Some of, not all of them, but some of them, quite a bit. One of them being that is alive, alert, aware.

[Speaker 2] (11:47 - 11:58)

Mm-hmm. So the struggle for me personally to wake up is the thought of I'm not there yet.

[Speaker 1] (11:59 - 12:01)

Yeah. As you said, it's only a thought.

[Speaker 2] (12:02 - 12:03)

Mm-hmm.

[Speaker 1] (12:04 - 12:08)

So it's up to you to challenge the thought or to believe it.

[Speaker 2] (12:10 - 12:22)

Challenge it or? To believe it. Oh, okay.

See, when I hear the word challenge, it's like do I go into inquiry or do I just to lay my legs down?

[Speaker 1] (12:22 - 12:27)

No, challenge is see it for what it truly is. Only sounds.

[Speaker 2] (12:28 - 12:30)

Only sounds. Yeah.

[Speaker 1] (12:32 - 12:33)

And see what happens.

[Speaker 2] (12:37 - 12:44)

So we walk basically like two paths, the human being and also infinite being, yes?

[Speaker 1] (12:44 - 12:47)

Yes. Yes. Simultaneously.

[Speaker 3] (12:48 - 12:48)

Mm-hmm.

[Speaker 1] (12:48 - 13:04)

I mean, what we are doesn't belong to this dimension. This dimension appears in the dimensionlessness of what we are. The more and more what we are, the more we allow it to be, then it shines through in our experiencing.

[Speaker 2] (13:05 - 13:12)

Okay. So could I set an intention for me to be more awake, to be more?

[Speaker 1] (13:12 - 14:09)

To be more and more what you are and less and less what you think you are. You see, less and less what you think you are. Yes.

Less and less what you feel you are. Mm-hmm. And that will naturally, you will feel a natural loosening up in the chest area, naturally.

Because since you are timeless, timelessness has no time for that which is made out of time. So since what is made out of time is only energy, energy taking the shape of a sound, taking the shape of an image. And the timelessness doesn't have the time to take shape, so it releases itself.

[Speaker 2] (14:10 - 14:18)

The timelessness doesn't have the time to take shape. Oh, that's hard for you to get around. So it releases itself.

[Speaker 1] (14:21 - 14:31)

Because it's perfection. Perfection is perfect, doesn't need any improvement, and you already are perfection itself.

[Speaker 2] (14:32 - 14:38)

And what you're saying is we're infinite beings. We are love, but we already are.

[Speaker 1] (14:39 - 15:35)

Yeah, we already are. And that becomes obvious when you shift your attention a bit. Instead of directing it only to objects, to direct it to that in which the sounds, images, sensations arise.

Direct it to that stillness in which the movement is ever-changing, coming and going,

experiencing. Because the moment you notice at the level of inner landscaping, you will notice that it's very obvious from moment to moment, in the totality of the experience. So you see, it's not about becoming.

Yeah. It's about letting it be. Already what is.

[Speaker 2] (15:38 - 15:47)

But I think, well, this is a comparison, I think your idea of silence and mine, I don't know if it's the same thing. Well, there is such a thing as physical silence.

[Speaker 1] (15:51 - 16:00)

The silence is that without which you couldn't hear the inner sounds in the mind, the inner voices in the mind.

[Speaker 2] (16:02 - 16:06)

And you can do that, not hear the inner voices in the mind?

[Speaker 1] (16:06 - 16:09)

Oh, you hear them, but I'm more interested in the silence.

[Speaker 2] (16:10 - 16:13)

Yeah, it's kind of flipped. Is that what I'm hearing?

[Speaker 1] (16:14 - 17:05)

Yes, your attention is now more open, more included. Before you were only exclusive towards the thoughts, the sounds. I call them sounds because I'm not giving them any value, no interest in their message.

So yes, the mind goes naturally quiet. So you don't think, because you don't need to think. What is there to think?

You're all-knowing. Wow. The real knowing is being.

In being, there is no time to think. There is nothing to think. The thinking comes from the relative knowledge.

[Speaker 2] (17:08 - 17:16)

Yeah, this is powerful because it's more of a letting go. There's no adding on, right? It's more like letting go.

[Speaker 1] (17:17 - 17:34)

You're whole, complete, perfect. In the contrary, you start to get light. All of a sudden, as you're walking, you're like, do I need this weight?

No, I can do without this weight. You get lighter and lighter.

[Speaker 2] (17:36 - 17:37)

Lighter and lighter.

[Speaker 1] (17:38 - 17:39)

Less density.

[Speaker 2] (17:40 - 17:41)

Yes.

[Speaker 1] (17:41 - 18:24)

The real is very dense. It's dense. And it's just about your intention.

You have integrity, you see? You are very honest because only what you are can be honest. That would be a lie.

It's dishonest by nature. So when you're being honest, you're invoking the truth of what you are. And you're honest, you say, okay, I'm open to be and be more and more whatever that is that I am.

[Speaker 2] (18:28 - 18:32)

Yes. I love that.

[Speaker 1] (18:40 - 18:44)

And have fun. All right.

[Speaker 2] (18:46 - 18:50)

Thank you so much.

[Speaker 1] (18:51 - 18:52)

You're welcome.

Laura Lucille - Laura Alvarez Lucille - wife of Francis Lucille - Release to Our Timeless Nature #lesterlevenson #releasing #timelessness [HtG25ITBcGY]

[Speaker 1] (0:00 - 0:01)

Yes, Christa?

[Speaker 2] (0:04 - 0:22)

You mentioned that the answers are there for the questions that we have and that we simply need to release in order for them to show up. Can you briefly summarize what that process is of releasing?

[Speaker 1] (0:23 - 1:47)

Yes, like for instance, if you happen to have a question, you don't have to manufacture them, but if you happen to have a question, you know, like Ron for instance, Ron had a question, he said, you know, I wonder why is Lester he had all this? Like I was just explaining when I, actually I heard that from Robert, when he said how everything is predestined, I felt very flustered, I didn't like it, I was, actually I felt, experienced anger. And so all of that came up, and I let all of that go, and I just opened to have the answer, to have the clarity.

And that's all I did, I let go of all the emotions that I had about that, that was generated by that question, and I opened to the clarity. And the beauty is that you become calm, relaxed, and actually you even feel, because what you are is so complete, you don't even feel that you need the answer. And in that completeness, the answer arises.

And it's like, oh, I mean, it's just so intimate, because it becomes so complete, you see?

[Speaker 2] (1:48 - 2:04)

So in the process of coming up against a particular emotion that is surfacing, when you say, I let go, that's a little easier said than done for me. What is that process?

[Speaker 1] (2:05 - 3:16)

Because, you know, doing it first, because it's, I don't, I let go, it happens, actually, that is, I'm so glad you pointed out, because it's not an I that let it go. It's like we did the meditation today, aware of being aware. Just now, Krista, when you're just aware of being aware, and aware of that which is aware of movement, aware of sensations, yet transparent, naturally, when you are aware of being aware, any sensation, if it's unconscious, that might be, that you might be sensing, which is the contraction of separation, for instance, that we don't feel it, feel it, we feel it on and on, immediately

you feel some loosening up. Just notice how it's immediate. And it's already loosening up, isn't it?

[Speaker 2] (3:17 - 3:18)

Yes.

[Speaker 1] (3:18 - 5:38)

Yes. And because what you are is timeless. And the sensations are made out of time.

And when timeless, when you choose to be timeless, that which is made out of time dissolves, naturally. So, all mind is made out of time. That is, thoughts, feelings, they are made out of time.

So, any time, and that's the beauty, any time you choose aware of being aware, no matter what, immediately there will be a loosening up of the unconscious holding on for dear life that we have in the area of the chest and the gut, which is the sense of separation. So, the beauty is that whether you release for a question, whether you release for what we call issues, whether we release for let go of tendencies, whatever, what you're truly at any moment being released is the energy that is needed to stay separate at every moment. Because it is the desire to be separate and the desire to be one is the same energy.

So, you're wanting to be one as much as you're wanting to be separate. Because it is about the wanting, the intensity of the wanting. And what is being released again is the wanting to be separate.

So, wanting to be separate from the answer, you see. Because if you have a question, Krista, that question wouldn't arise if it wasn't because the answer is already within you.

[Speaker 2] (5:41 - 5:42)

I don't understand.

[Speaker 1] (5:43 - 6:26)

The question wouldn't arise if it wasn't because the answer is already within you. But since we have the tendency that we need to go outside in the world to get the answer, so we go to gurus, so to speak, or we go to the doctor, so to speak, for answers. But the teaching from Lester was go where the happiness, where everything is right within you.

And within you then includes everything.

[Speaker 2] (6:29 - 6:31)

I love how simple it is, simple and direct.

[Speaker 1] (6:33 - 8:01)

Yes, divine simplicity, you see. It's so simple. It's really, really simple.

I mean, when we look at it, I mean, we're talking about one single being. That's right, even Jesus said so beautifully, I is the way. You know, it was misinterpreted by minds, the way they saw him as a person, so they thought that it was I, Jesus, the body, mind, is the way.

No one was talking about the I that we all have in common. So is that, in that I, which I love, and that's like the Roman number, the number one. So, yes, it's time to see the simplicity.

It's very inviting, and it's very beautiful, because it takes you away from complexity. So as far as you want complexity, you will never see the simplicity. Yes.

It's about simplicity.

[Speaker 3] (8:02 - 8:07)

Yes. You're welcome.